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ABSTRACT

This bibliography for families lists 44 print resources on mental health and mental illness published from 1987 through 1994. The list is organized into the following categories: directories and bibliographies, other print resources, and information in Spanish. The names, addresses, and telephone numbers of publishers are provided at the end of the bibliography. Information is also provided on newsletters of the National Alliance for the Mentally Ill and publications of the National Institute of Mental Health and the National Mental Health Association. (DB)

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A Bibliography for Families on Mental Health/Mental Illness

Every year NICHCY receives thousands of requests for information and referral on mental health and mental illness. We have compiled this bibliography to help families identify the many materials available on these topics. This list is by no means exhaustive. You may identify additional resources by:

- looking in the bibliography/reference sections of any of the materials listed below;
- contacting organizations that address issues related to mental illness, including the National Alliance for the Mentally Ill, the National Mental Health Association, and the National Clearinghouse on Family Support and Children's Mental Health (all of which are listed under the list of "Publishers" at the end of this bibliography);
- checking to see what materials the library in your area has available; and
- check to see what materials are available in local bookstores.

To assist you in obtaining the materials listed in this bibliography, the names, addresses, and telephone numbers of publishers are provided (in alphabetical order) at the end of this document. If you are interested in obtaining a resource, it's a good idea to contact the publisher and find out the latest payment and ordering procedures. These addresses and telephone numbers are, of course, subject to change without notice, as is the availability of the resources listed here.

Directories and Bibliographies

Charmatz, M., & Zuckerman, D. (1992). *Mental disability law: A primer.* Washington, DC: Commission on Mental and Physical Disability Law, American Bar Association.

National Alliance for the Mentally Ill. (1994). *NAMI CAN start up packet.* Arlington, VA: Author.

National Alliance for the Mentally Ill. (1994). *Resource catalog: A listing of resources from the National Alliance for the Mentally Ill* (rev.ed.). Arlington, VA: Author.

National Association of Private Residential Resources. (1993). *National Association of Private Residential Resources: Directory of members.* Annandale, VA: Author. (Lists the members of NAPRR, with an abstract of their services.)

National Clearinghouse on Family Support and Children's Mental Health. (1993, April). *National directory of organizations serving parents of children and youth with emotional and behavioral disorders* (3rd ed.). Portland, OR: Author.

Research and Training Center, Portland State University. (1993). *Annotated bibliography: Collaboration between professionals and families of children with serious emotional disorders.* Portland, OR: Author.

Research and Training Center, Portland State University. (n.d.). *Annotated bibliography: Parents of emotionally handicapped children: Needs, resources, and relationships with professionals.* Portland, OR: Author.

Research and Training Center, Portland State University. (n.d.). *Choices for treatment: Methods, models, and programs of intervention for children with emotional disabilities and their families: An annotated bibliography.* Portland, OR: Author.

U.S. Department of Health and Human Services. (1990). *Mental health directory: 1990.* Rockville, MD: National Institute of Mental Health. (Contact the Center for Mental Health Services.) (Contains state-by-state listing of the mental health programs available for each area.)

Other Print Resources for Families

Cleghorn, J.M., & Lee, B.L. (1991). *Understanding and treating mental illness: The strengths and limits of modern psychiatry.* Lewiston, NY: Hogrefe & Huber.

Copeland, M.E. (1992). *The depression workbook: A guide for living with depression.* Oakland, CA: New Harbinger.

Dinner, S.H. (1989). *Nothing to be ashamed of: Growing up with mental illness in your family.* New York: Lothrop, Lee, & Shepard.

Fieve, R.R. (1989). *Moodswing: Dr. Fieve on depression* (rev. ed.). New York: William Morrow.

Goodwin, F.K., & Jamison, K.R. (1990). *Manic-depressive illness.* New York: Oxford University Press.

Newsletters from NAMI

Several newsletters, such as *Advocate*, *The Alliance*, and *The Bond*, are available from the National Alliance for the Mentally Ill, 2101 Wilson Boulevard, Suite 302, Arlington, VA 22201. Telephone: (703) 524-7600. These publications speak to families and service providers alike.

Greenberg, H.R. (1989). *Emotional illness in your family: Helping your relative, helping yourself.* New York: Macmillan.

Hamstra, B. (1994). *How therapists diagnose: Seeing through the psychiatric eye.* New York: St. Martin's Press.

Hatfield, A.B. (1991). *Coping with mental illness in the family: A family guide.* Arlington, VA: National Alliance for the Mentally Ill.

Hatfield, A.B., & Lefley, H.P. (1993). *Surviving mental illness: Stress, coping, and adaptation.* New York: Guilford Press.

Lee, J.H., & Stott, W. (1993). *Facing the fire: Experiencing and expressing anger appropriately.* New York: Bantam.

Koyanagi, C. (1989). *Operation Help.* Alexandria, VA: National Mental Health Association. (This is a pamphlet on Medicaid and its importance to those with mental illness.)

Maloney, M., & Kranz, R. (1993). *Straight talk about anxiety and depression.* New York: Dell.

Maurin, J.T. (1989). *Chronic mental illness: Coping strategies.* Thorofare, NJ: Slack.

McElroy, E. (1987). *Children and adolescents with mental illness: A parent's guide.* Rockville, MD: Woodbine House. (This book has gone out of print, but may be available through your public library.)

National Alliance for the Mentally Ill. (n.d.). *Depressive disorders in children and adolescents.* Arlington, VA: Author.

National Alliance for the Mentally Ill. (n.d.). *Understanding schizophrenia: What you need to know about this medical illness.* Arlington, VA: Author.

National Mental Health Association. (1990). *A.D.A: Americans with Disabilities Act of 1990.* Alexandria, VA: Author.

Newman, S. (1991). *Don't be S.A.D.: A teenage guide to handling stress, anxiety, and depression.* Englewood Cliffs, NJ: J. Messner.

Peschel, E., Peschel, R., Howe, C.W., & Howe, J.W. (Eds). (1992, Summer). *Neurobiological disorders in children and adolescents.* San Francisco: Jossey-Bass.

Rosenthal, N.E. (1993). *Winter blues: Seasonal affective disorder: What it is and how to overcome it.* New York: Guilford.

Shamoo, T.K. (1990). *I want to kill myself: Helping your child cope with depression and suicidal thoughts.* Lexington, MA: Lexington Books.

Shapiro, P.G. (1994). *A parent's guide to childhood and adolescent depression.* New York: Dell.

Strock, M. (1992). *A consumer's guide to services* (rev.). Washington, DC: National Institute of Mental Health.

Torrey, E.F. (1988). *Surviving schizophrenia: A family manual.* New York: Harper & Row.

Torrey, E.F. (1994). *Schizophrenia and manic-depression disorder: The biological roots of mental illness as revealed by the landmark study of identical twins.* New York: Basic Books.

Yudofsky, S.C., Hales, R.E., & Ferguson, T. (1992). *What you need to know about psychiatric medications.* New York: Ballantine Books.

The National Institute of Mental Health offers many publications on mental health and mental illness, including:

Bipolar disorder: Manic-depressive illness (1992)
Consumer's guide to services (1992)
Depression: Effective treatments are available (1992)
Depressive illnesses: Treatments bring new hope (1993)
Eating disorders (1993)
Helping the depressed person get treatment (1990)
Lithium (1993)
Medications (1992)
Medications for the treatment of schizophrenia (1992)
Obsessive-compulsive disorder (1991)
Panic disorder (1992)
Plain talk about dealing with an angry child (1992)
Plain talk about depression (1993)
Schizophrenia: Questions and answers (1990)
Understanding panic disorder (1993)
Useful information on paranoia (1989)
Useful information on sleep disorders (1987)
You are not alone (1992)

To order any of these publications, contact: National Institute of Mental Health, 5600 Fishers Lane, Room 7C02, Rockville, MD 20857. Telephone: (301) 443-4513.

Información en Español

Datos útiles sobre enfermedades depresivas. (1990). Rockville, MD: National Institute of Mental Health.

Depresión: Lo que usted necesita saber. (n.d.). Rockville, MD: National Institute of Mental Health.

Desórdenes del estado de ánimo o de talante. (n.d.). Arlington, VA: National Alliance of the Mentally Ill.

Esquizofrenia. (n.d.). Arlington, VA: National Alliance of the Mentally Ill.

Esquizofrenia: Preguntas y respuestas. (1991). Rockville, MD: National Institute of Mental Health.

La depresión: Existen tratamientos eficaces. (1991). Rockville, MD: National Institute of Mental Health.

No estás solo: Datos acerca de salud mental y enfermedades. (1990). Rockville, MD: National Institute of Mental Health.

Trastorno de pánico. (1992). Rockville, MD: National Institute of Mental Health.

Una guía sobre servicios de salud mental para los consumidores. (1990). Rockville, MD: National Institute of Mental Health.

The National Mental Health Association offers many pamphlets on mental health and mental illness, including:

Coping: How to get help when you need it
Coping with mental illness in the family
Stigma: A lack of understanding and awareness
Mental health is 1-2-3
Schizophrenia
Answers to your questions about clinical depression
What you learn about mental illness could change a life: A message of hope
Depression: What you should know about it
How to deal with mental problems
Troubled and troubling children: A guide for parents seeking help for their children with emotional disturbance

NMHA pamplets for children include the following:

Adolescent suicide
Adolescent depression
Teens and self-esteem: Feeling good about yourself

To order any of these publications, contact: National Mental Health Association, 1021 Prince Street, Alexandria, VA 22314-2971. Telephone: (703) 443-4513.

LIST OF PUBLISHERS

Ballantine Books, Division of Random House, Orders to: 400 Hahn Road, Westminster, MD 21157. Telephone: 1-800-726-0600 (customer service); 1-800-733-3000 (orders only).

Bantam Books, 1540 Broadway, New York, NY 10036. Telephone: (212) 354-6500; 1-800-223-6834.

Basic Books, Division of Harper Collins, P.O. Box 588, Dunmore, PA 18512. Telephone: 1-800-242-7737.

Center for Mental Health Services, 5600 Fishers Lane, Room 13103, Rockville, MD 20857. Telephone: (301) 443-2792.

Commission on Mental and Physical Disability Law, American Bar Association, 750 N. Lake Shore Drive, Chicago, IL 60611. Telephone: (312) 988-5000.

Dell Books, Division of Bantam Doubleday Dell, 1540 Broadway, New York, NY 10036-4094. Telephone: (212) 782-9141; (800) 223-6834.

Guilford Press, 72 Spring Street, New York, NY 10012. Telephone: 1-800-365-7006.

Harper & Row, 1160 Battery Street, San Francisco, CA 94111. Telephone: 1-800-328-5125.

Hogrefe & Huber, P.O. Box 2487, Kirkland, WA 98083-2487. Telephone: (206) 820-1500; 1-800-228-3749.

J. Messner, Division of Simon & Schuster Trade Books, 200 Old Tappan Road, Old Tappan, NJ 07675. Telephone: 1-800-223-2336.

Jossey-Bass, 350 Sansome Street, San Francisco, CA 94104. Telephone: (415) 433-1767.

Lexington Books, see Macmillan below.

Lothrop, Lee & Shepard Books, c/o William Morrow & Company, 39 Plymouth Street, Fairfield, NJ 07004. Telephone: 1-800-237-0657 (customer service).

Macmillan, 100 Front Street, Box 500, Riverside, NJ 08075-7500. Telephone: 1-800-257-5755.

National Alliance for the Mentally Ill, 2101 Wilson Blvd., Suite 302, Arlington, VA 22201. Telephone: (703) 524-7600.

National Association of Private Residential Resources (now called ANCOR), 4200 Evergreen Lane, Suite 315, Annandale, VA 22003. Telephone: (703) 642-6614.

National Clearinghouse on Family Support and Children's Mental Health, see Research and Training Center, Portland State University.

National Institute of Mental Health, 5600 Fishers Ln., Room 7C02, Rockville, MD 20857. Telephone: (301) 443-4513.

National Mental Health Association, 1021 Prince Street, Alexandria, Va 22314-2971. Telephone: (703) 684-7722.

New Harbinger, 5674 Shattuck Avenue, Oakland, CA 94609. Telephone: 1-800-748-6273.

Oxford University Press, 2001 Evans Road, Cary, NC 27513. Telephone: 1-800-334-4249; 1-800-451-7556.

Research and Training Center, Publications Coordinator, Mail Code RRI, Portland State University, P.O. Box 751, Portland, OR 97207-0751. Telephone: (503) 725-4040.

Slack, 6900 Grove Road, Thorofare, NJ 08086-9447. Telephone: (609) 848-1000; 1-800-257-8290.

St. Martin's Press, c/o Publishers Book and Audio, P.O. Box 070059, Staten Island, NY 10307. Telephone: 1-800-288-2131.

William Morrow, c/o Wilmor Inc., Attention: Order Department, 39 Plymouth Street,Fairfield, NJ 07004. Telephone: 1-800-237-0657 (customer service).

Woodbine House, 5615 Fishers Lane, Rockville, MD 20852. Telephone: Outside of the DC metropolitan area, call 1-800-843-7323; call (301) 468-8800 in DC metropolitan area.

NICHCY Bibliographies *a*re published several times a year; single copies are provided free of charge. In addition, NICHCY disseminates other materials and can respond to individual requests for information. All services and publications are free. For further assistance, or to receive a NICHCY *Publications List*, contact NICHCY, P.O. Box 1492, Washington, DC 20013. Telephone: 1-800-695-0285 (Voice/TT); (202) 884-8200 (Voice/TT).

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